

THERMATIC

Fireless Cooker

RECIPES



PUBLISHED BY
THE DILLER MANUFACTURING CO.
BLUFFTON, OHIO

A TREATISE

*On the Management
of the*

Thermatic Fireless Cooker

Together with over 250 carefully
selected recipes



PUBLISHED BY

The Diller Manufacturing Company
(Incorporated)

BLUFFTON, OHIO
U. S. A.

Copyright 1911 by
The Diller Manufacturing Company
Bluffton, N.C.

INTRODUCTORY.

THE object of this book is to present in convenient and concise form such information, instructions, and recipes as will assist in the successful management of the Thermatic Fireless Cooker.

The fact that the principles of fireless cooking have been so poorly explained, or even misrepresented, in most treatises on the subject, has been the cause of many failures. From these failures has come the mistaken idea that the fireless cooker has very limited advantages. However, those who have been fortunate in procuring sanitary cookers (even though not as modern as the Thermatic) and have become familiar with the methods which insure successful operation, are unanimous in their praise of the comforts which this improved method brings into the home.

Speaking from the standpoint of hygiene and economy, no other methods can be employed which will insure such desirable results as the Thermatic Cooker. It is destined to establish a general food reform, and fortunately this reform carries with it the certainty of better, more nutritious, and more wholesome foods; which spells "better health."

The Thermatic transforms what was formerly a burden and a drudgery into a pleasure and pastime. One-third the time spent in preparing an ordinary meal in the old way will suffice to prepare a most elaborate one in the Thermatic.

While this book is published primarily in the interests of the Thermatic Cooker—the best by every test—it contains general information and a variety of recipes of unlimited value to all users of fireless cookers. However, the

THERMATIC RECIPES

recipes and time given for cooking foods are specifically arranged for the Thermatic Cooker.

We have endeavored to make hygiene, economy, and simplicity the underlying principles in compiling the recipes herein given; and in the interest of a healthier humanity we commend this volume to the millions of mothers and wives who are endeavoring to supply foods for their families prepared by the most approved, economical, and scientific methods.

Respectfully,

THE DILLER MANUFACTURING Co.

TABLE OF CONTENTS

INTRODUCTION	3
CHAPTER I. General Directions	7
CHAPTER II. Fireless Cooking	12
CHAPTER III. Cereals	14
CHAPTER IV. Soups	19
CHAPTER V. Meats	25
CHAPTER VI. Fowl and Game.....	33
CHAPTER VII. Fish	38
CHAPTER VIII. Oysters	40
CHAPTER IX. Meat, Fish, and Vegetable Sauces....	42
CHAPTER X. Vegetables	44
CHAPTER XI. Breads and Bread Stuffs.....	56
CHAPTER XII. Pies and Cakes.....	62
CHAPTER XIII. Fruit Stewed and Baked	70
CHAPTER XIV. Puddings	73

THERMATIC RECIPES

CHAPTER I.

GENERAL DIRECTIONS.

Care and Management of the Thermatic.

BEFORE using the cooker the first time, wash the compartments with soap and water. Rub dry with a soft cloth. Thereafter, immediately upon removing foods from cooker, wash or dry the compartments, as may be necessary. To allow the cooker to remain unwashed after using, shows extreme carelessness and is very unsanitary.

Soap and water will be found sufficient to keep the compartments clean and sanitary. For special cleaning, use a soft cloth saturated in alcohol. Never scour the linings, nor use Sapolio, Dutch Cleanser, or other scouring compounds. Also avoid the use of washing powders containing grit or alkalies.

Place cooker where it will have access to plenty of air and sunlight. When not in use, always allow the cooker to remain open.

Caution—Salt left in the compartment is injurious to the linings. Always scald the compartments after use and wipe out carefully.

Heating of Radiators.

The radiators may be heated over any kind of stove one may have; but, as there is a great difference in the heating capacity of stoves, we cannot give the time required for heating. The recipes in this book are all based on the use of soapstone radiators.

If any other type radiator is used, it is necessary to determine by trial the time required for heating, and

THERMATIC RECIPES

always time the heating of the radiators. This is due to the fact that the surface becomes hot before the radiator is heated through and through.

Three rules should always be observed in heating radiators: (1) Never heat soapstone when damp or wet. (2) Do not heat too rapidly, especially when cold. (3) Do not overheat. Hence, radiators should never be heated in a furnace. Before using first time, radiators should be heated gradually, in order that they may be tempered.

Radiators should be kept in a warm place—on a furnace radiator, or in a warming closet in the winter, and in the sunlight in summer. They can then be heated with less expenditure for fuel and will not break.

While our radiators are the finest grade obtainable, we cannot guarantee them against breakage, which is nearly always the fault of the user. Slight cracks in the radiators will not impair their efficiency as heat retainers.

The time required to heat radiators to necessary temperature is from ten to twenty minutes, according to intensity of heat employed. Care should be exercised and not allow them to become too hot. Radiators may be tested as one would test sadirons—with moistened finger or by dropping a speck of flour upon them. If flour browns in a few seconds after striking radiators, they are hot enough for roasting or baking, and hotter than need be for general cooking. With a little experience one becomes thoroughly familiar with all the minor details.

When two radiators are employed—as for baking or roasting—they may be heated over one burner, if more space on stove is not available. Place one on top of the other, and at intervals of five or six minutes change them about. Certainly more time is required to heat radiators in this manner. However, the better way when

THERMATIC RECIPES

roasting or baking is to use two burners and heat each radiator separately.

When boiling, stewing, or steaming foods, it is necessary to employ but one radiator, which is heated to desired temperature and placed in the bottom of the compartment.

Care of Aluminum.

Aluminum is bright and therefore readily shows dirt spots. Ordinarily, the free use of pure soap and hot water will keep the metal in perfect condition.

The use of water containing alkalies or iron darkens the inside. This thin dark coating is clean, perfectly harmless, and will not discolor the food. It can be removed, if desired, by the use of Sapolio or other mild scouring materials. The outside of the vessels may be kept bright by the use of metal polish.

Caution—If food is burned in vessels, soak for several hours and then scrape with wooden spoon. Do not use knife or other sharp instrument. Do not use lye, ashes, ammonia, or washing powders containing alkalies for washing or cleaning aluminum ware. They eat aluminum.

If vessels are accidentally dented, they can be pressed back into shape over a wooden block.

Preparing Foods for Cooker.

It is a mistaken idea that all foods require preliminary heating or cooking. The Thermatic is supplied with best quality radiators, and for many things it is only a waste of time and fuel to heat foods before placing them in cooker. Follow directions given in recipes.

For stewing, steaming, or boiling only one radiator is required. It is placed in the bottom of the compartment. The vessel containing food, and with lid clamped on, is

THERMATIC RECIPES

placed on the heated radiator and the cooker immediately closed. It should be allowed to remain undisturbed until cooking is completed. Most foods can remain in cooker indefinitely without the least deleterious effect. However, potatoes, Irish or sweet, custards, cakes, pies, etc., should be removed as soon as cooking or baking is completed—time designated in recipes.

Roasting—Two radiators are required for roasting—one below and the other above the food. The roast is usually placed in the cooker vessel, but the lid of the vessel is not used. Instead, the upper radiator is supported within the top of the vessel, by means of the special support, which rests upon the upper edge of the vessel. No basting, as in case of meats, is required. Lid of Thermatic should not be lifted while roasting is in progress. It is unnecessary and necessitates the reheating of the radiators. But a little more time is required to roast in the Thermatic than in the ordinary oven. The absence of heat in the kitchen and the certainty that the food is not burning, but roasting, are points not to be underestimated in the Thermatic.

Baking—This is similar to roasting, but requires more attention. However, the results are most gratifying. Bread, pies, cakes, puddings, beans, potatoes, apples, etc., can be baked to perfection in the Thermatic. A little preliminary attention insures success, and determines just the necessary time for baking. Ordinarily it requires about the same length of time as the old way. Two radiators are used. These may be heated while the pastry is being prepared. They should be heated to the extent that they brown flour. Always slip pan containing pastry into baking rack, and place one radiator in the bottom of the compartment and the other on top of the rack (see the upper illustration on page 17).

THERMATIC RECIPES

In baking cake and pastry, a dry heat is required. Clamp the lid of the compartment down tightly and remove the valve.

Handling Radiators.

The radiators are provided with metal loops placed in center, which can be readily engaged with tongs for convenience in handling same.

Handling Vessels.

When the upper radiator is suspended within the top of the cooker vessel, the vessel can be conveniently handled by using the tongs to engage the clamping ears. When spread out the tongs easily reach across the vessel.

If Covers Leak.

If a cover leaks steam, this can be readily remedied by first opening the cover and then turning the two nuts on the bottom of the cooker, immediately under that compartment. One turn is usually sufficient. This raises the well and renews the steam-tight fit around the cover, unless the cover has been badly dented. No denting can occur if the utensils are properly in place before the covers are closed.

**One-third Round
Aluminum
Vessels**



**Capacity
2-quarts each
Covers—
Self Locking**

THERMATIC RECIPES

CHAPTER II.

FIRELESS COOKING.

Its Position in the Economy of Health.

TODAY, as never before, we are emphasizing the fact that foods and their preparation play a most prominent part in the economy of health and life. Organizations and individuals privately are investigating the causes, prevention, and cure of disease. Neither is this to be ascribed entirely to a growth of generosity, but rather to a demand of necessity. We are so fast becoming a weak race physically that it behooves us to act individually and collectively to remove the causes which are sapping the nation of its brawn and brain.

Certainly, foods and their preparation are not the whole of this subject. Fresh air, exercise, bathing, etc., have their part in preserving health; but it is doubtful whether their neglect is responsible for half the disease attributable to poor foods improperly cooked.

Our leading physicians, dietitians, and chemists are fast becoming harsh in their criticism of the unintelligent methods employed in cooking; and the housekeeper needs educating in this as in no other art or science. The frying pan is an evidence of gross ignorance and can have no place in the hygienic preparation of foods. Foods cooked in a bath of hot fat, as in frying, until little remains that is digestible, and much is converted into depleted, disorganized, irritating residue, can only be productive of ill-health.

THERMATIC RECIPES

Foods boiled in an abundance of water, as foods are ordinarily boiled, lose their nourishing and medicinal properties to a great degree, thus leading to the overloading of the stomach to satisfy the demands of the body.

Fortunately the Thermatic Fireless Cooker has come to our rescue, and is destined to be a greater benefactor to humanity than any other modern invention. Foods prepared the Thermatic Way retain their original organic food elements and flavor, and can be quickly appropriated as nourishment.

Again, the Thermatic robs cooking of the impression of drudgery and that which appears to be menial. It thus carries with it an elevating influence, and makes the house-keeper appreciate the fact that cooking is a science requiring intelligence. And surely it is a profession which holds precedence to all others, since it is the fundamental source of energy and health.

The sole object of cooking foods should be to soften their structural and cellular tissues, to expand and burst the starch granules, to coagulate the albumen, to destroy all germ life that may be present, and to develop flavor. Changes other than these are only productive of harm. To effect a perceptible change in food chemically, by intense heat, is to lower its vitality and nourishing properties.

All foods, whether of vegetable or animal origin, are more delicate, richer in flavor, will yield more nourishment, and are easier digested when cooked slowly at a low temperature and in a closed receptacle than when exposed to intense dry heat or penetrated by searing hot fat.

The Thermatic answers each and every purpose for the scientific, economic, and wholesome preparation of foods. It truly is, as it has been called, "The Little Blessing."

THERMATIC RECIPES

CHAPTER III.

CEREALS.

CEREALS were intended by nature to serve as one of the principal foods for man. They are considered so essential that we find them being used in one form or another by all civilized nations for every meal. However, the cereal or grain preparations upon which we will treat in this chapter are those ordinarily used for breakfast porridges, as rolled oats, oatmeal, rolled wheat, cracked wheat, cream of wheat, algrain, farina, etc. Those, when properly cooked, are far superior—as a food—to the ready to eat breakfast foods, and cost much less.

However, great care should be exercised in cooking grains, as the tissue-building elements in the form of gluten (vegetable protein) are easily affected chemically by a high degree of heat, thus rendering it necessary to employ some process by which they can be cooked slowly if the best and most hygienic results would be obtained.

The Thermatic process is peculiarly adapted for the scientific preparation of these foods, and it is conservative to say that the Thermatic would quickly pay for itself, if it were used only for cooking cereals. Foods of this character are easily burned when cooked directly over the fire, whereas in the Thermatic they neither stick nor burn. The principal advantage upon which we wish to place emphasis is that the cereal may be started in the evening, placed in the Thermatic on a heated radiator, and allowed to cook slowly until morning, when it will be ready to serve. It is

THERMATIC RECIPES

thus rendered easier of digestion and more nutritious than it could otherwise be prepared, and the amount of fuel required is reduced to a minimum.

When small amounts of cereal are prepared and left in cooker over night, it is necessary to place vessel in a pan of boiling water a few minutes before serving to sufficiently reheat the cereal.

Another good method to cook cereals is to use a smaller vessel setting in boiling water within the cooker vessel.

Cracked Wheat or Oats.

To one quart of boiling salted water add one cupful of cracked wheat or oats. Cook over fire until it begins to thicken. Then clamp lid on vessel and place in Thermatic on heated radiator. Cook over night.

Rolled Wheat or Oats.

These preparations require three parts of water to one part cereal. Add cereal to boiling salted water. Cook over fire until it begins to thicken (stir slowly during this time to keep it agitated). Then clamp lid on vessel and place in Thermatic on heated radiator. Cook over night.

Algrain, Cream of Wheat, Farina, Etc.

These cereals require three and one-half cupfuls of water to one cupful of cereal. Bring water to boiling point in cooker vessel, add salt, sprinkle in the cereal, and stir slowly until it thickens. Then place in cooker and allow to remain two or three hours, or over night.

Graham Porridge.

To one and one-half pints of boiling salted water add one cupful of good graham flour. Stir it in slowly. Keep

THERMATIC RECIPES

water boiling. When it thickens clamp lid on vessel. Remove to Thermatic and place on heated radiator. Cook over night.

Fruit Porridge.

To the graham porridge add one pound of seeded raisins, or one-half pound of seeded raisins and one-half pound of pitted dates, just before placing it in the Thermatic. Figs chopped may be used instead of raisins or dates. This makes a delicious laxative porridge.

Pearl Barley with Fruit.

Carefully wash one cupful of pearl barley. Pour five cupfuls of boiling water into cooker vessel, salt, add barley, and also add a small piece of butter to keep barley from boiling over. Clamp lid on vessel. Remove to Thermatic and place on heated radiator. Cook for five hours, or over night. Thirty minutes to one hour before wishing to serve, remove from cooker, add one pound of raisins, pitted dates, or chopped figs. Reheat radiator and replace barley in cooker as before.

Corn Meal Mush.

To three cupfuls of boiling salted water add one cupful of corn meal. Stir constantly until it thickens. Then clamp lid on vessel and place in Thermatic on heated radiator. Cook half a day, or over night.

THERMATIC RECIPES

CHAPTER IV.

SOUPS.

SOUP is always a welcome addition to the noon or evening meal. Most wholesome and nutritious soups may be prepared the Thermatic way at small cost and with but a minimum amount of labor.

Meat Stock for Soups.

Use the inferior cuts of the beef for this purpose. Wash meat if necessary. To two pounds of meat placed in cooker vessel add two quarts of cold water and a heaping teaspoonful of salt. Bring meat to boiling point over fire. Then place in the Thermatic on heated radiator and cook for two or three hours. If a clear stock is desired, skim broth carefully just as it begins to boil. Then add one-half pint of cold water, allow to stand for a few minutes off of the fire and skim again. This improves it in appearance, but detracts from the nourishing properties of the stock.

Beef Tea for Invalids.

Take three pounds of lean beef. Cut into small cubes, add one heaping teaspoonful of salt, put in glass or earthen jar. If a glass jar is used, a cloth should be folded several times and placed in the bottom of the cooker vessel upon which to set the jar; otherwise it may break. The safer plan is to use an earthen jar. Place cover on jar and place it in large cooker vessel. Fill cooker vessel half full of cold water. Place over fire and heat gradually to nearly the

THERMATIC RECIPES

water boiling. When it thickens clamp lid on vessel. Remove to Thermatic and place on heated radiator. Cook over night.

Fruit Porridge.

To the graham porridge add one pound of seeded raisins, or one-half pound of seeded raisins and one-half pound of pitted dates, just before placing it in the Thermatic. Figs chopped may be used instead of raisins or dates. This makes a delicious laxative porridge.

Pearl Barley with Fruit.

Carefully wash one cupful of pearl barley. Pour five cupfuls of boiling water into cooker vessel, salt, add barley, and also add a small piece of butter to keep barley from boiling over. Clamp lid on vessel. Remove to Thermatic and place on heated radiator. Cook for five hours, or over night. Thirty minutes to one hour before wishing to serve, remove from cooker, add one pound of raisins, pitted dates, or chopped figs. Reheat radiator and replace barley in cooker as before.

Corn Meal Mush.

To three cupfuls of boiling salted water add one cupful of corn meal. Stir constantly until it thickens. Then clamp lid on vessel and place in Thermatic on heated radiator. Cook half a day, or over night.

THERMATIC RECIPES

CHAPTER IV.

SOUPS.

SOUP is always a welcome addition to the noon or evening meal. Most wholesome and nutritious soups may be prepared the Thermatic way at small cost and with but a minimum amount of labor.

Meat Stock for Soups.

Use the inferior cuts of the beef for this purpose. Wash meat if necessary. To two pounds of meat placed in cooker vessel add two quarts of cold water and a heaping teaspoonful of salt. Bring meat to boiling point over fire. Then place in the Thermatic on heated radiator and cook for two or three hours. If a clear stock is desired, skim broth carefully just as it begins to boil. Then add one-half pint of cold water, allow to stand for a few minutes off of the fire and skim again. This improves it in appearance, but detracts from the nourishing properties of the stock.

Beef Tea for Invalids.

Take three pounds of lean beef. Cut into small cubes, add one heaping teaspoonful of salt, put in glass or earthen jar. If a glass jar is used, a cloth should be folded several times and placed in the bottom of the cooker vessel upon which to set the jar; otherwise it may break. The safer plan is to use an earthen jar. Place cover on jar and place it in large cooker vessel. Fill cooker vessel half full of cold water. Place over fire and heat gradually to nearly the

THERMATIC RECIPES

boiling point. Then place in Thermatic on heated radiator and allow to remain four hours. Upon removing meat from cooker, the juice remaining in meat may be extracted by pressing it in a potato ricer or vegetable press. This is many times superior to any of the proprietary meat extracts that are on the market.

Mutton Broth.

Take two pounds of the neck and cut into small pieces. Put in cooker vessel, add two quarts of cold water, a heaping teaspoonful of salt, a little pepper, a bay leaf, a small turnip, a small onion, and two or three stems of celery. Gradually bring to the boiling point, clamp lid on vessel, place in Thermatic on heated radiator, and allow to remain for three hours. Most appetizing for convalescing patients.

Chicken Broth.

Cut chicken into small pieces, and proceed as for "Mutton Broth." The seasoning, except the salt, may be omitted, if desired.

Beef Soup.

Cook soup bone as directed under heading "Meat Stock for Soups." To two quarts of the stock add one large carrot sliced very thin, a small bunch of celery cut fine, and one cupful of vermicelli broken real fine (the meat may be ground and added, if desired). Bring all to boiling point in cooker vessel, place in Thermatic on heated radiator and cook for one hour. Take out and serve.

Chicken Soup.

Save the liquor from a stewed chicken and add to it enough water to make one quart. Bring to the boiling point, sprinkle in one-half cupful of rice, add one small

THERMATIC RECIPES

onion and a medium-sized carrot sliced very thin. Place in the Thermatic and cook one hour. Remove and serve.

Turtle Soup.

The turtle, after it is cleaned and cut up, should be large enough to fill a quart measure. Put in cooker vessel and add two quarts of cold water, a teaspoonful of salt, and a small piece of butter. Heat gradually to the boiling point. Then place vessel in the Thermatic on heated radiator. Cook for three hours. Remove from cooker, take meat from bones, cut into small cubes with sharp knife, and add to broth. Bring all to the boiling point and thicken with a little browned flour. Make it the consistency of thin cream.

Vegetable Soup.

Heat to the boiling point in cooker vessel one pint of beef stock and one pint of strained tomatoes. Add to this liquid one cupful each of chopped celery, carrots, cabbage, and Irish potatoes. Place in Thermatic on heated radiator and cook for one hour. Butter or oil and salt and pepper should be added before soup is placed in cooker.

Note—Vegetable soups of an endless variety may be made by the combination of various vegetables which may be purchased at various seasons of the year, or which may be on hand. It is unnecessary to adhere to any given recipe. The blending of any two or more of the vegetables (onions excepted) will, with good rich meat stock, make a splendid soup. Ordinarily vegetables as onions, parsley, garlic, etc., are only used as seasonings.

Carrot Soup.

Scrape crisp carrots and run enough through food chopper or almond grater to make one pint. Put into cooker

THERMATIC RECIPES

vessel, add one-half pint of boiling water, salt, a rounding tablespoonful of butter, and a rounding teaspoonful of sugar. Clamp lid on cooker vessel. Place in Thermatic on heated radiator and cook for one hour. Remove from cooker, add one pint of rich milk, bring to boiling point, and serve.

Pea Soup.

Shell one pint of green peas, put in cooker vessel, add one pint of boiling water, a rounding teaspoonful of salt, a liberal amount of butter or oil, and a rounding teaspoonful of sugar. Clamp lid on vessel. Place in Thermatic on heated radiator and cook for one hour. Remove from cooker, add one pint of milk, bring to the boiling point, and serve.

Carrot Pea Soup.

Take one cupful of chopped carrots and one cupful of green peas. Put in cooker vessel, add one rounding teaspoonful of salt, one rounding teaspoonful of sugar, and a lump of butter the size of an egg. Pour on a pint of boiling water. Clamp lid on vessel and place in cooker on heated radiator. Cook for one hour. Remove from cooker, add one cupful of cream, bring to boiling point, and serve.

Corn Soup.

Cut one pint of green corn from the cob, put in cooker vessel, and add one quart of sweet milk. Season with salt, pepper, a little onion, one rounding teaspoonful of sugar, and a little butter. Bring to the boiling point. Place in Thermatic on heated radiator and cook for one hour. Remove from cooker. Bring to boiling point again and thicken with a little flour. Serve with crutons.

Cream Celery Soup.

Clean a medium-sized stock of celery and cut into small pieces. Put in cooker vessel, add one pint of boiling water,

THERMATIC RECIPES

and salt. Clamp lid on vessel. Place in the Thermatic on heated radiator and cook for one hour. Remove from cooker, add one pint of milk or cream. If milk is used add liberal amount of butter. Bring to the boiling point on stove, and stir in a rounding tablespoonful of flour that has been stirred smooth with a little water. Serve with crutons.

Cream of Bean Soup.

Use any of the varieties preferred. Take one pint, wash thoroughly, and put into cooker vessel. Cover with water and soak for five hours, or over night. Put on stove and bring to the boiling point. Drain off water, add three liberal pints of boiling water, salt and butter. Cook on stove for ten or fifteen minutes. Place in the Thermatic between two heated radiators and cook for six hours, or over night. When ready to make soup, press the beans through the purée sieve, and to each pint of bean pulp add one pint of milk. Season with onion and pepper. Bring to the boiling point and serve.

Cream of Split Pea Soup.

Use either the yellow or green split peas. Cook as directed to cook beans, except that peas will cook in three hours. Make soup same as "Cream of Bean Soup."

Cream of Spanish Bean Soup.

Proceed as for "Cream of Bean Soup," except that to each quart of soup add a pint of strained tomatoes, and season rather highly with onion and pepper. However, if desired, the onion and pepper may be omitted.

Cream of Lentil Soup.

Make same as "Cream of Bean Soup," except that lentils are used.

THERMATIC RECIPES

Note—These Cream Soups made of the legumes are very nutritious, and when the legumes are cooked in the fireless cooker they are rendered easy of digestion and serve as splendid meat substitutes, inasmuch as they are rich in protein.

Rice Soup.

To one quart of beef, mutton, or chicken stock, brought to the boiling point in the cooker vessel, add one-half cupful of washed rice, a small onion, a little celery, and a "hint" of red pepper. Clamp lid on vessel. Place in the Thermatic on heated radiator and cook for one hour, or longer, if desired. Remove and serve.

Pearl Barley Soup.

Take a quart of any kind of meat stock desired. Bring to the boiling point. Sprinkle in one-half cupful of pearl barley. Clamp lid on vessel. Place in the Thermatic on heated radiator and cook four hours or a half day. Season with salt, butter, onion, and a "hint" of red pepper before placing in cooker.

Note—The Rice or Barley Soups may be improved by adding to them a pint of strained tomatoes.

THERMATIC RECIPES

CHAPTER V.

MEATS.

PROTEIN, the principal food element of meats, being susceptible to disintegration when subjected to high degrees of heat, renders its preparation by methods which insure the retention of its juices imperative; to prevent, so far as possible, the hardening and shrinking of the tissues. This is desirable from an economic, as well as a hygienic standpoint.

The Thermatic insures these desirable results. Hence, it is conservative to say that four pounds of meat prepared the Thermatic way will yield more nourishment than will five pounds prepared in the frying pan, or by similar methods. Meats ordinarily form an expensive part of the diet. However, with the assistance of the Thermatic the cheaper cuts can be rendered juicy and delicate, thus reducing the meat bill at least one-third.

Another advantage to be considered is the fact that meat, together with the remainder of the meal, may be placed in the Thermatic and automatically cooked, without the least possible chance of burning, and in a more wholesome and nutritious manner than it could otherwise be prepared by an expert chef.

The following recipes are only those which have been proved a success by repeated tests.

Coddled Steak.

Take round or rump steak. It is cheaper and also more nutritious. Use a half-high cooker vessel. Sprinkle bottom of it with a thin layer of bread crumbs (entire wheat bread crumbs preferred). Cover with a steak,

THERMATIC RECIPES

and season with salt, pepper, and minced onion. Add alternate layers of crumbs and meat (seasoning each layer of steak) until desired amount is obtained, adding bread crumbs last. Add a small quantity of water to create steam. Clamp lid on vessel, and place vessel in baking rack. Have two radiators sputtering hot. Place one in the bottom of the compartment and the other upon the rack. Close the cover of the compartment, and leave in the Thermatic from two to five hours, according to the quantity and quality of the meat. The bread crumbs absorb the small amount of juices extracted from the meat, and serve as a toothsome dressing.

Smothered Steak.

Take round steak, or any of the cheaper cuts, roll in flour, and pound with a meat pounder or plate until the fiber is well broken. Put into well-buttered, hot skillet a few seconds, until meat is nicely browned on both sides. Then pack immediately in a half-high cooker vessel. Season each layer with salt, sliced onion, and pepper. Add a small quantity of boiling water. Clamp lid on vessel, and place in baking rack between two heated radiators. Leave in the Thermatic at least two or three hours, or may be left in over night.

Steak with Tomato Sauce.

Prepare in skillet, as for "Smothered Steak." When placing in vessel, add to each layer of steak some nicely-seasoned stewed tomatoes. Heated canned tomatoes will answer. Clamp lid on vessel, put in baking rack between two heated radiators. Leave in the Thermatic from two to three hours.

Steak with Mushroom Sauce.

Prepare same as "Steak with Tomato Sauce," except that mushroom sauce is added instead of tomatoes.

THERMATIC RECIPES

To Roast Beef.

If more than a six-pound roast is to be prepared in an eight-quart compartment, it should be heated and seared in the oven before being placed in the cooker. If a six-pound roast or less is used, preliminary heating is only a waste of time and fuel. The Thermatic will roast and brown a six-pound piece of meat to perfection in an eight-quart compartment. A larger piece of meat, if not first heated on the stove, absorbs so much heat from the radiators that their temperature is reduced to the extent that they will not brown the meat, so that preliminary heating and searing become necessary.

The large cooker vessels are usually used for roasting. The upper radiator is used in place of the cover to the vessel. See lower illustration on page 18. There is a special folding support for the radiator.

If the roast is small, use a half-high cooker vessel, resting the upper radiator on top of the vessel. To brown the meat perfectly, the upper radiator should be close to the roast.

Roast Beef.

Take a four-pound rump, or any other roast desired. Wipe thoroughly with damp cloth, rub with salt, pepper slightly. Cut a few pieces of suet from the roast to place in the bottom of the vessel and on top of the meat. Place meat in a half-high cooker vessel, but leave off the cover, so that the meat receives the direct heat from the upper radiator. A pan can be used instead of the half-high cooker vessel. Place pan or vessel in baking rack, and put in Thermatic between two sputtering hot radiators. Close cover of compartment immediately and roast one and one-fourth hours for rare, two hours for medium, and three hours for well done.

THERMATIC RECIPES

If it is especially desired that meat be well browned, one-half hour before it is done lift meat from cooker, pour off drippings, and replace in cooker with reheated upper radiator. This will give it an exceptionally brown (but not burned) coat.

Pot Roast.

Wipe meat thoroughly with damp cloth, rub with salt, roll in flour, and brown well on all sides in a hot greased skillet. Use cottolene or suet in skillet. When meat is browned, put in half high cooker vessel, and clamp on lid. Place in baking rack between two heated radiators and close cooker immediately. For four-pound piece, roast two or three hours.

Braised Beef.

Wipe meat well with damp cloth, rub with salt, a little white pepper, sage, cloves, mace, and bay leaf. Put into half-high cooker vessel, clamp on lid, and place in the baking rack between two heated radiators, as for "Pot Roast." Time from two to four hours.

Stewed or Steamed Beef.

Take the cheaper cuts of meat. Wipe well with damp cloth, submerge in boiling water for a minute to seal the surface. Sprinkle with salt, place in cooker vessel, add a small portion of boiling water, clamp lid on, and place in cooker on one heated radiator. Cook from three to five hours, according to quality and quantity of meat. The toughest piece of meat may be rendered tender in this manner.

Corned Beef.

Wash meat thoroughly. Soak a little while in cold water. Then put in cooker vessel and cover with boiling water, place

THERMATIC RECIPES

over fire and boil for five or ten minutes, turn water off, clamp lid on vessel, and place in cooker on heated radiator. Time three or four hours for four-pound piece.

Beef Loaf.

Take two pounds of lower end of round steak and grind through food chopper. Add three beaten eggs, cupful of cracker crumbs, three-fourths cupful of sweet milk or water, rounding teaspoonful of salt, even teaspoonful of powdered sage, and a little pepper. Mix thoroughly, press into oblong pan, or half-high cooker vessel, placing on cover, put in baking rack, and place in Thermatic between two heated radiators. Bake for one or two hours.

Beef Loaf No. 2.

Use two quarts roast, steamed, or stewed left-over meat. Run through food chopper. Season and add other ingredients as in "Beef Loaf No. 1." Bake between two heated radiators three-fourths hour.

Roast Veal.

For roasting, steaming, or stewing veal, follow recipes given for roasting, steaming, or stewing beef, except that only about one-half or two-thirds the time is required for cooking.

Note—Veal is less nutritious and more difficult to digest than Beef.

Breaded Veal Chops.

Dip chops in beaten egg, roll in dry bread crumbs, put into hot buttered skillet, and brown nicely on both sides. Then lay in cooker vessel and clamp down lid. Place in cooker on heated radiator and allow to remain one hour.

THERMATIC RECIPES

Smothered Chops.

Roll veal chops in flour. Brown nicely on both sides in buttered skillet or frying pan. Place in cooker vessel and lay a large slice of onion on each chop. Clamp down lid of vessel and place in Thermatic on heated radiator. Allow to cook one hour.

Veal Loaf.

Take two pounds of veal, grind, add small minced onion, two beaten eggs, cupful of dry bread crumbs, three-fourths cupful of milk or cream, rounding teaspoonful of salt, and dash of cloves. Mix thoroughly and press into oblong pan or half-high cooker vessel, placing on cover. Put in baking rack. Place in Thermatic between two heated radiators and bake for one hour.

Pressed Veal.

Stew three pounds of veal in Thermatic. Use but one heated radiator and add very little water to meat. Cook two hours. Then run through food chopper, add salt, a little pepper, cloves, and sage. Mix thoroughly and press into a dish or jar. Cover with a plate held down by a light weight. Set in cool place to chill. Slice down and serve cold with cranberry or apple sauce.

Veal Pie No. 1.

Cut one pound of cooked veal into cubes, and add one minced onion. Line bottom and sides of cooker vessel or baking dish with cold mashed potatoes. Add veal and pour over one cupful of stock. Cover over with cold mashed potatoes and dot with small bits of butter. Place in Thermatic between two heated radiators and bake for one hour.

Veal Pie No. 2.

Line a small pan or baking dish with biscuit dough. Fill with cooked veal cut into cubes, and sliced Irish potatoes.

THERMATIC RECIPES

Pour over one cupful of stock slightly thickened with flour. Season with salt, pepper, and onion. Cover with dough rolled one-half inch in thickness. Take sharp knife and make three or four openings in top crust. Put vessel in rack and place in Thermatic between two heated radiators. Bake forty-five minutes.

Roast or Steamed Pork.

Proceed as for roasting or steaming beef. Pork should be roasted well done.

Boiled Ham.

Take small ham. If eight-quart vessel is used, cut off two inches of small end. Trim and wash thoroughly. Place in cooker vessel, add quart of boiling water, clamp on lid, place over fire and boil twenty minutes. Remove to cooker and place on heated radiator. Cook six hours, or over night. The styles with twelve-quart compartment are preferable for this purpose.

Steamed Ham.

Take slice ham as for frying, arrange in a half-high cooker vessel, clamp on lid, and place in baking rack between two heated radiators. Steam for three or four hours.

Backbones.

Place in most convenient sized cooker vessel, salt, add pint of boiling water, clamp lid on vessel, and cook over stove until thoroughly heated. Then remove to Thermatic and place on heated radiator. Cook for two or three hours.

Roast Mutton.

Take leg of mutton and wipe with damp cloth. Rub with salt. Add herbs, if desired. Use cooker vessel without

THERMATIC RECIPES

cover. Place in Thermatic between two heated radiators. Roast for two hours. May remain longer.

Steamed Mutton.

Use any part of the mutton desired. Salt, put in cooker vessel, add a half pint of boiling water. Clamp lid on vessel. Place over fire and heat thoroughly, then remove to Thermatic and place on heated radiator. Cook for two hours, or longer.

Smothered or Breaded Mutton Chops.

Prepare same as "Veal Chops."

Tongue.

Trim and wash thoroughly. Place in cooker vessel, add one pint of boiling water, and salt. Put over stove and cook for five minutes, clamp lid on vessel, and place in Thermatic on heated radiator. Cook for four hours, or may be left in over night. Upon removing from cooker, remove outside skin from tongue. Slice and serve hot or cold.

Pickled Tongue.

Outside skin may be removed from tongue before cooking by subjecting it to boiling water for a minute or two. Cook as directed in above recipe, and when done place in an earthen vessel and cover with the following pickle: Diluted cider vinegar or lemon juice lightly sweetened with brown sugar and delicately spiced with cloves, white pepper, and bay leaf. Allow tongue to remain in pickle for twenty-four hours before serving.

THERMATIC RECIPES

CHAPTER VI.

FOWL AND GAME.

Roast Chicken.

PREPARE in ordinary manner. Place in eight or twelve-quart cooker vessel. Heat radiators to the point that a bit of flour will brown when dropped upon them. Place one radiator in bottom of compartment and suspend the other within top of vessel. Take tongs and engage clamping ears of vessel to place it in cooker. Roast from one to four hours, according to size and age of chicken.

Steamed Chicken.

Allow chicken to remain whole. Rub with salt. Place in eight or twelve-quart cooker vessel. Add half pint of boiling water. Clamp lid on vessel. Place over fire and heat thoroughly—about ten minutes. Place in cooker over heated radiator and cook from three to five hours, according to age of fowl.

Smothered Chicken.

Cut chicken up, roll in flour, and brown nicely in hot greased frying pan. Then pack into a half-high cooker vessel. Add salt and pepper. Clamp lid on vessel and place in Thermatic between two heated radiators. Allow to remain in cooker two or three hours.

Chicken Smothered with Onions.

Prepare as for plain "Smothered Chicken," except that two large sliced onions are added to frying pan and slightly browned and placed in the vessel with the chicken.

THERMATIC RECIPES

Fricasseed Chicken.

Dress and cut fowl for serving. Salt and place in cooker vessel. Add sufficient boiling water to cover. Clamp lid on vessel and place in Thermatic on heated radiator. Allow to remain two or three hours, according to age of fowl. Take from cooker and thicken stock with two heaping table-spoonfuls of flour rubbed smooth with half cupful of milk or cream. Bring to a boil on stove and serve. Is delightful served with hot biscuit.

Chicken Loaf.

An old fowl may be used for this purpose. Cook in Thermatic until very tender. Then remove meat from bones, run it through food chopper, and to each pint of meat add two beaten eggs, one-half cupful of cracker crumbs, one small grated onion, salt and pepper. Mix well, put in small baking pan, and place in cooker between two heated radiators. Bake for one-half hour. May be served hot or cold.

Pressed Chicken.

Old fowls may be used for this purpose. Dress and cut up two fowls, place in cooker vessel, add salt and one pint of boiling water. Bring to the boiling point over stove and cook for five minutes. Clamp lid on vessel and place in Thermatic on heated radiator. Cook for five hours. Take from cooker and remove meat from bones. Run through food chopper. Add one-half even teaspoonful of powdered sage and one-half cupful of the stock. Mix, press into dish or pan. To chill, place some broken ice in cooker receptacle and set dish or pan in on ice. Close cooker and allow to remain at least one hour.

Escalloped Chicken.

Take roast, steamed, stewed, or boiled chicken. Cut into cubes or strips. Put in cooker vessel or baking dish dry

THERMATIC RECIPES

bread crumbs to the depth of one-fourth inch, add layer of chicken. Add alternately a layer of bread crumbs and chicken, adding bread crumbs last. Pour over this a sufficient amount of chicken stock to moisten the crumbs, and also pour over top a liberal amount of melted butter. Place in Thermatic between two heated radiators and bake for one hour.

Note—Duck, Guinea Fowl, Goose, Turkey, Pigeon, Pheasant, etc., may be prepared over the recipes given for "Chicken." The left-overs of any of the fowls may be profitably utilized by escalloping, pressing, or using as the base of soups.

Rabbit and Squirrel.

Rabbits or squirrels are very palatable steamed, stewed, fricasseed, or smothered. When purchasing game of this character satisfy yourself that it is fresh. The packed and shipped product is very undesirable.

THERMATIC RECIPES

CHAPTER VII.

FISH.

GREAT care should be exercised in the selection of fish, as they are especially susceptible to decomposition, if not kept in sanitary receptacles and properly handled. Fish should be firm, flesh clear and bright. Stale fish are most unwholesome. Fish are not as rich in nourishing properties as beef or mutton, but they are especially adaptable for a light diet.

Bass, Bluefish, Fresh Cod, Mackerel, Pickerel, Red Snapper, Salmon, Sheepshead, Whitefish, Shad, and Haddock are all desirable for baking or steaming. If the fish is too large to go into cooker vessel whole, it should be cut in two in the center and a cloth placed under it, by which to remove it from pan to platter. It can then be arranged on platter same as though it had not been cut.

Baked Fish.

Wash fish thoroughly and dry with cloth, rub with salt, and place in pan or half-high cooker vessel. Put pan in baking rack uncovered and place in Thermatic between two heated radiators. Bake for thirty minutes. Fish may be rolled in flour or corn meal, if desired. Upon removing from cooker, pour over a liberal quantity of hot butter or oil.

Steamed Fish.

Use same kinds of fish for steaming as for baking. Clean, wash, and dry fish. Rub with salt. Place in cooker

THERMATIC RECIPES

vessel. Cut in two in the center, if necessary. Add one-half pint of boiling water. Clamp lid on vessel and place in Thermatic on well-heated radiator. Steam for one-half hour. Remove from cooker. Place on platter and pour over it a sauce made as follows: Add to the stock in pan one cup of cream or milk, bring to the boiling point, thicken with flour stirred smooth in a little water. Add to this enough lemon juice to make it sufficiently tart. Sprinkle over fish chopped parsley.

THERMATIC RECIPES

CHAPTER VIII.

OYSTERS.

IF possible, one should always ascertain their freshness when purchasing. Oysters being of a peculiar, gelatinous character, are especially susceptible to decomposition and occasionally produce ptomaine poisoning. Oysters should not be used in the southern states during warm weather (even in winter) unless they have been taken from their beds only a short time previously. Stale oysters are a most unwholesome food.

Baked Oysters.

Take nice large oysters. Drain off liquor. Dry with cloth. Dip in beaten egg, roll in dry bread crumbs, place in buttered pan, sprinkle with salt, and add liberal amount of butter. Place pan in baking rack uncovered, and put in Thermatic between two heated radiators. Bake for fifteen minutes. Delicious.

Escalloped Oysters.

Cover bottom of a half-high cooker vessel with cracker crumbs to depth of one-fourth inch, then a layer of oysters, salt, and add a moderate amount of butter. Add alternately a layer of crumbs and oysters until desired amount is prepared. Pour over enough rich milk to moisten cracker crumbs. Place vessel in baking rack uncovered and put in Thermatic between two heated radiators. Time for a half-high vessel two-thirds filled, thirty minutes. Does not require preliminary heating.

THERMATIC RECIPES

Oyster Patties.

To one pint of mashed potatoes add one beaten egg and a little minced onion or celery. Cut eighteen oysters in halves, add to potatoes, and mix all together. Form into patties. Roll in flour and place on buttered pan. Put in Thermatic between two heated radiators. Bake for twenty minutes. Wholesome and delicious.

THERMATIC RECIPES

CHAPTER IX.

MEAT, FISH, AND VEGETABLE SAUCES.

THESE sauces are often very desirable. As they can be prepared in a few minutes, it is not worth while using the Thermatic for this purpose. They are included here to supplement the regular recipes.

Drawn Butter Sauce.

Put into sauce pan one-half cupful of butter, add one-half cupful of flour, one-half teaspoonful of salt, and stir until flour is smooth. Then add gradually one-half cupful of hot water. Stir continually while adding water, so that sauce will be smooth. Boil five minutes. To be served with steamed or baked fish.

Shrimp Sauce.

To "Drawn Butter Sauce" add one cupful of shrimps cleaned and cut into pieces.

White Sauce.

Put one-fourth cupful of butter into sauce pan, add one heaping tablespoonful of flour, and stir until well blended. Pour on gradually one cupful of milk and stir constantly. After it thickens, beat until it becomes smooth and glossy. Nice for fish, creamed fowl, creamed veal, creamed quail, creamed onions, creamed potatoes, creamed asparagus, etc.

THERMATIC RECIPES

Cream Sauce.

Make same as "White Sauce," except use cream instead of milk. May be used for same purposes. Is richer and more delicate.

Tart Sauce.

Make same as "White Sauce," but add enough lemon juice or cider vinegar to make sauce sufficiently tart. Excellent for fish and vegetables.

White Wine Sauce.

Make same as "Cream Sauce," except use two heaping teaspoonfuls of flour, and when finished dilute with one cupful of white wine. For fish and game.

Tomato Sauce.

One pint of stewed or canned tomatoes. Put tomatoes through sieve, bring to boiling point, add small minced onion, three tablespoonfuls of butter or oil, salt and pepper. Thicken with two heaping tablespoonfuls of flour rubbed smooth with cream. Appropriate for asparagus and cauliflower.

THERMATIC RECIPES

CHAPTER X.

VEGETABLES.

NOWHERE else in nature's secret, hidden laboratories has she bestowed so beneficently the organic mineral salts required by man in the economy of health as in the succulent vegetables. These minerals are in the form of organic iron, potash, potassium, sulphur, etc. These salts remain intact in their natural chemical state when vegetables are properly cooked, but when they are boiled in water the organic minerals (being soluble) are extracted and the major portion is lost. Again, when vegetables are burned, or exposed to the intense heat of the frying pan, their elements are disorganized and their food value deteriorates, or is completely destroyed. Hence, as a matter of economy and health, the intelligent woman will welcome the Thermatic in this capacity, as well as all others, for with its assistance these foods can be cooked slowly, but perfectly—without the slightest danger of burning. The organic elements are preserved, and the food is rendered rich in flavor, thus making it both wholesome and medicinal.

Baked Potatoes.

Take sound, smooth, white potatoes and wash thoroughly. Potatoes should be uniform in size, so that they will all bake in the same length of time. Have two radiators heated so that they will brown flour when a pinch is dropped upon them. Place one radiator in bottom of compartment. Put baking rack in on radiator. Lay the potatoes in on the lower radiator and place the other one on top of rack.

THERMATIC RECIPES

Close cooker immediately. Allow fifty minutes for medium-sized and sixty minutes for large ones. The Thermatic will bake potatoes as they were never baked in an ordinary oven.

Note—Potatoes will not burn as might be supposed.

Special Baked Potatoes.

Proceed as for plain baked potatoes. When potatoes are done remove from Thermatic, catch them with a cloth, and with the thumb and fingers press them gently until they become soft and mealy. Cut into them lengthwise. Sprinkle with salt. Put on each piece a thin slice of butter. Sprinkle with grated cheese. Serve immediately.

Stuffed Potatoes.

Bake potatoes as for plain baked potatoes. When done remove from the Thermatic. Cut off the end, and with a spoon scoop out the potato. Preserve the shells unbroken. Mash the potatoes, and to each pint add a teaspoonful of salt, a tablespoonful of butter, a little pepper, and one-half cupful of cream. Mix thoroughly. Refill the shells and place back in cooker for fifteen minutes.

Potatoes with the Jackets On.

Wash potatoes as for baking. Have one radiator heated. Place radiator in compartment. Pour potatoes in on radiator. Close cooker and allow to remain in one hour. With the use of but one radiator the potatoes will have a steamed instead of a baked appearance.

Potatoes and Onions.

Take one quart of sliced potatoes and one quart of sliced onions, mix and put in a pan or a half-high cooker vessel. Add salt, a little pepper, and pour over top three-quarters of

THERMATIC RECIPES

a cupful of butter or cottolene. Leave lid off of vessel. Place vessel in the Thermatic between two heated radiators and bake for one hour. Most delicious.

Creamed Potatoes.

Pare and cut into cubes potatoes sufficient to fill a quart measure. Put in cooker vessel. Add one-half pint of boiling water, add salt and butter. Clamp lid on vessel. Place in cooker on heated radiator and cook for forty minutes. Remove and pour over potatoes a pint of "Cream Sauce." Replace in cooker and allow to remain fifteen minutes longer.

Escalloped Potatoes.

Pare and slice enough potatoes to fill a quart measure. Put in a half-high cooker vessel and salt, one pint of hot milk, a piece of butter, and a little pepper. Clamp lid on vessel. Place in the Thermatic on heated radiator. Cook for one hour. May be prepared in an earthen baking dish, if desired.

Note—Potatoes are more wholesome and will yield more nourishment when baked than when prepared in any other way. However, if prepared after any recipe we have given the potash salt is retained. This is the prevailing mineral of the potato, and one of the most important constituents of the blood.

Baked Sweet Potatoes.

Take sound, smooth potatoes and wash thoroughly. Have two radiators heated. Place one in bottom of compartment. Place baking rack in on radiator. Pour potatoes in on radiator (they will not burn) and place the other radiator in on rack. Close cooker and allow to bake for forty minutes. Most delicious.

THERMATIC RECIPES

Candied Yams.

Pare the yams. Arrange in cooker vessel. Sprinkle with salt and a liberal amount of light brown sugar. Lay on yams some thin slices of butter. Omit putting lid on vessel, place vessel in the Thermatic between two heated radiators and allow potatoes to cook forty minutes.

Sweet Potatoes Dressed with Cream.

Pare and slice crosswise as many potatoes as may be desired. Slice one-fourth inch in thickness. Put in cooker vessel, add salt, and a little sugar. Omit putting lid on vessel. Place in the Thermatic. Cook for forty minutes. Remove and add a liberal quantity of thin cream before serving. Cream may be omitted, if desired.

Buttered Carrots.

If carrots are wilted place in cold water until crisp. Scrape and slice. Put in cooker vessel and salt. To each quart of carrots add a heaping teaspoonful of sugar and a liberal amount of butter or oil. Clamp lid on vessel and place in the Thermatic on heated radiator. Cook for one hour. If more than a quart of carrots is prepared, a half cup of water should be added and carrots should be heated on stove before entering cooker.

Creamed Carrots.

Cook as for "Buttered Carrots," except that butter may be omitted. Upon removing carrots from cooker pour a liberal quantity of hot "White Sauce" over them, and replace in cooker for ten or fifteen minutes.

Carrots and Peas.

Take one-half sliced carrots and one-half green peas. Put in cooker vessel, add salt. To each quart add a heaping

THERMATIC RECIPES

teaspoonful of sugar and butter. Add a little water. Clamp lid on vessel, bring to boiling point on stove. Remove to the Thermatic and place on heated radiator. Cook for one hour. May be served plain, or creamed by adding "White Sauce."

Note—Parsnips and Turnips are very palatable when prepared same as "Cream or Buttered Carrots."

Turnips with Beef.

When steaming or stewing beef, place around the meat turnips cut into quarters.

Note—Potatoes or Carrots are delicious cooked in the same manner.

Red Beets Buttered.

Wash beets thoroughly. Do not trim too closely or they will bleed. Put in cooker vessel, add half pint of water. clamp lid on vessel, and boil over fire for fifteen minutes. Then place in the Thermatic on heated radiator and cook for four hours. Remove from cooker. Plunge beets in cold water. Remove skin with hands. Slice thin, add salt, and to each quart of beets add a heaping tablespoonful of sugar and a liberal amount of butter. Clamp lid on vessel, and replace in cooker on heated radiator. Beets may be cooked the day before wanting to serve, if desired.

Pickled Beets.

Cook as for "Buttered Beets." Instead of slicing them, cut them into quarters. Put them in an earthen jar and cover them with a pickle of diluted cider vinegar slightly salted and sweetened. Allow to remain in the pickle twenty-four hours before serving.

THERMATIC RECIPES

Note—Red Beets are rich in iron, and, when they are cooked in the Thermatic, the iron is retained in its organic state, thus furnishing one of nature's best blood tonics.

Creamed Onions.

Pare onions and plunge in cold water. Put in cooker vessel and add a small amount of boiling water. Also add salt and a small amount of butter. Clamp lid on vessel. Cook over fire five minutes, then place in the Thermatic on heated radiator. Cook for one hour. Remove from cooker and make a cream sauce, as follows: Add, for each quart of onions, one-half pint of milk and allow the liquid to remain on onions. Thicken with flour stirred smooth with a little milk. Serve on toast or as a vegetable.

Baked Onions.

Place onions in a pan and put in cooker between two heated radiators. Bake for one hour. Remove from cooker. Remove skins and dress with salt and butter.

Onions with Tomatoes.

Take a quart of sliced onions and a quart of fresh or canned tomatoes. Put into cooker vessel, add salt, and a little sugar and butter. Clamp lid on vessel and bring to the boiling point on the stove. Place in the Thermatic on heated radiator and cook for one hour. Unique and delicious.

Baked Tomatoes.

Take nice smooth tomatoes, plunge into boiling water for a few seconds to loosen peel. Remove from hot water and peel. Cut out hard center. Remove a portion of the pulp and seeds. Fill cavity with a mixture of equal parts of

THERMATIC RECIPES

the following: Ground beef, grated cheese, and dry bread crumbs, seasoned with salt and pepper. Place tomatoes in cooker vessel. Omit putting lid on vessel. Place in the Thermatic between two heated radiators and bake for thirty minutes.

Tomatoes Au Gratin.

Wash, peel, and cut tomatoes into quarters. Fill pan or baking dish to depth of one inch and add salt. Put over the tomatoes a layer of bread crumbs one-half inch in thickness (entire wheat bread crumbs preferred). Season with a little sugar and a liberal amount of butter, cottolene, or oil. Do not cover vessel. Place in the Thermatic between two heated radiators and bake for thirty minutes. Canned tomatoes may be used instead of fresh ones.

Spinach with Cheese.

Clean and wash the amount of spinach desired, put in cooker vessel and clamp on lid. Put over low fire for five minutes, then place in the Thermatic on a heated radiator. Cook forty minutes. Remove from cooker. Pour over spinach some lemon juice or vinegar, add butter and salt, and sprinkle over the top grated cheese. Never add any water to spinach or other greens.

Note—Kale, Dock, Beet Tops, Mustard, etc., should all be prepared as "Spinach."

Spinach Au Gratin.

Cook as for "Spinach with Cheese," but in seasoning omit lemon juice. Turn into serving dish, and sprinkle over with a layer of entire wheat bread crumbs. Replace in cooker between two heated radiators for one-half hour.

Note—Spinach, Water Cresses, and Red Beets are rich in iron and serve as splendid blood tonics.

THERMATIC RECIPES

Creamed Slaw.

Cut crisp cabbage on slaw cutter. Put in cooker vessel, add a little water, clamp lid on vessel, and place over fire a moment. Then put in the Thermatic on heated radiator and cook for thirty minutes. Remove from cooker and season with cream, sugar, and vinegar. Add cream first.

Boiled Cabbage.

Cut a sound, crisp head of cabbage in eighths. Season with salt and a ham bone or piece of fresh pork. Clamp lid on vessel and bring to the boiling point over fire. Put in Thermatic and cook for one hour. Irish potatoes are very palatable when cooked with the cabbage.

Sauerkraut.

Put desired quantity of kraut in cooker vessel. Season with a ham bone or piece of bacon. Clamp lid on vessel, and bring to the boiling point over stove. Place in the Thermatic and cook for two hours, or longer, if desired.

Sauerkraut with Spareribs.

Take one quart of kraut. Put in cooker vessel, add the amount of spareribs desired. Clamp lid on vessel. Bring to the boiling point over fire. Place in the Thermatic on heated radiator and cook for three hours.

String Beans.

Be sure to have fresh beans. Wilted ones are stale. Break into inch lengths and remove strings, if the beans are of the stringy variety. To each quart of beans add a tablespoonful of butter. Use just enough water to start them cooking. Salt, clamp lid on vessel, bring to the boiling point over fire. Place in the Thermatic on heated radiator and cook for four hours.

THERMATIC RECIPES

String Beans with Pork.

Cook as directed in above recipe, except that beans are seasoned with pork.

Pickled Beans.

Use the stringless wax beans. Allow to remain whole. Put in cooker vessel, add salt, and a small amount of water. Clamp lid on vessel, bring to the boiling point over fire. Place in the Thermatic and cook for five hours. Remove from cooker. Put in an earthen jar and cover with diluted vinegar slightly sweetened. Allow beans to stand in pickle at least ten hours before serving. Beans should be set in a cold place,

Creamed Beans.

Cook as described in above recipes. When beans are done, dress with a thin "Cream Sauce."

Asparagus Points.

Take nice tender tips of asparagus. Tip five or six stems in a bunch. Stand them on cut end in large cooker vessel. Pour one-fourth inch of boiling water into vessel. Sprinkle asparagus with salt. Clamp lid on vessel and place over fire until well heated. Place in the Thermatic on heated radiator and cook for one hour. Dress with "Cream," "White," or "Tart Sauce." Serve as a vegetable or on toast.

Creamed Lima Beans.

Take one pound of dry beans and wash thoroughly. Put to soak in sufficient water to keep them covered. Soak for five hours or over night. Then put over fire and bring to the boiling point in the water in which they have been soaking. Drain off the water and add three pints of boiling water and seasoning. Cook for ten minutes over fire.

THERMATIC RECIPES

Clamp lid on vessel and place in the Thermatic between two heated radiators. Cook for a half day or over night. Remove from cooker and add one cupful of rich cream. Reheat and serve.

Buttered Limas.

Cook as for "Creamed Limas," except that cream is omitted, and a very liberal amount of butter is added when beans are started to cook.

Note—Any variety of Beans may be prepared same as "Creamed or Buttered Lima Beans."

Plain Baked Beans.

Take one pound of navy beans, wash thoroughly, and soak for six hours or over night. Then bring to the boiling point and drain off water. Add enough boiling water to cover the beans, add salt, two heaping tablespoonfuls molasses, and a liberal quantity of butter. Clamp lid on vessel and place in cooker between two heated radiators. Cook for eight hours or over night. Then reheat radiators, replace in the cooker and bake for six hours or a half day longer. At the end of this period the beans will be a rich butternut brown, and most delicious.

Note—Beans to be wholesome and easily digested must be cooked for an extended period of time and at an even, low temperature. With the aid of the Thermatic this is easily accomplished. While at least eight hours are required for cooking, they may seem tender and done in a much less period than that. However, the double wall of cellular tissue enclosing the starch granules is not thoroughly softened and broken down by rapid cooking. Hence rapidly-cooked beans are apt to cause flatulency and indigestion.

THERMATIC RECIPES

Economy in Fuel—Do not overlook the fact that with the Thermatic, beans can be baked fifteen hours by using only enough fuel to heat the radiators twice. They cook automatically, without even a possibility of burning.

Boston Baked Beans.

Proceed as for "Plain Baked Beans." Season with pork, salt, molasses, and a little onion, if desired.

Spanish Baked Beans.

Proceed as for "Plain Baked Beans," season with salt, molasses, and butter or pork. When beans are removed to reheat radiators, add to them one quart of strained tomatoes that have been evaporated (boiled down) to one pint. Add one large minced onion and a "hint" of red pepper. Tempting and delicious.

Rice, Plain.

Wash one cupful of rice thoroughly and put it into three cupfuls of boiling water. Add salt and a little butter. Clamp lid on vessel and place in the Thermatic. Cook for thirty minutes. May be left in longer without injury.

Rice with Cream.

Wash one-half cupful of rice thoroughly and put it into four cupfuls of rich milk heated to the boiling point. Add salt and butter. Clamp lid on vessel. Place in the Thermatic on heated radiator and cook for one-half hour.

Spanish Rice.

To one quart of strained tomatoes brought to the boiling point add one-half cupful of washed rice, one rounding teaspoonful of salt, half cupful of butter or oil, one large

THERMATIC RECIPES

minced onion, and a pinch of red pepper. Place in the Thermatic on heated radiator and cook forty-five minutes. Delicious.

Rice in Mutton Broth.

Bring one quart of mutton broth to the boiling point in cooker vessel, add one-half cupful of washed rice, and a little onion, if desired. Clamp lid on vessel, place in cooker on heated radiator, and cook forty-five minutes. A wholesome food for convalescents.

Note—Pearl Barley is very good cooked in tomatoes or meat stock. Prepare same as directed to prepare rice, except that it should be cooked three or four hours, and may be cooked over night without injury.

THERMATIC RECIPES

BREADS AND BREAD-STUFFS.

BREAD baking can not be mastered without some practice and the exercise of good judgment. However, every woman should know how to bake bread, for it is a fundamental art and a worthy accomplishment.

The Thermatic is especially adapted for the baking of whole wheat bread, graham bread, Boston brown bread, corn bread, and corn pone. In baking light bread, a very large loaf can be baked in the 8-quart vessel.

Making White Bread.

It is impossible to furnish exact instruction and recipes for making white breads. The difference in strength and absorbing properties of various flours makes it impossible to say just how much flour should be used to a given amount of liquid and how much proofing should be permitted.

If you are not familiar with flour, it is usually advisable to purchase a hard wheat flour. However, the soft wheat flours, when properly handled, will give excellent results. With two or three test bakings one is usually able to tell about the quantity of flour to use and how often it should be permitted to rise.

Regarding quantities of flour, generally speaking, from four to six quarts of soft flour, or from three to four quarts of hard wheat flour, are the correct amounts for a quart of liquid.

The three requisites for making light breads are good flour, good yeast, and proper conditions. First, procure a good, high-grade patent flour of either the hard or soft wheat varieties, and after you once become familiar with

THERMATIC RECIPES

the handling of a certain flour and it is giving good satisfaction, it is well to continue with that brand so long as quality remains good. Experimenting with unfamiliar flour often means failures.

Good yeast is, of course, essential. There are several good compressed yeasts on the market, so that it scarcely justifies one to bother with the making of yeast. The following recipes are compiled with Fleischmann's compressed yeast.

"The first step in the process is to incorporate a given amount of liquid by which each atom of flour is surrounded with a thin film of moisture, in order to hydrate the starch, to dissolve the sugar and albumen, and to develop adhesiveness of the gluten, thus binding the whole into one coherent mass."

Next the dough must be set in a warm place, free from currents of air, and where the temperature can be kept practically the same during the entire process. During the warm summer months it is not usually necessary to supply artificial heat, but in the North where the winters are rigid it is necessary to keep the bread in an evenly heated room.

The temperature should range from 75 degrees F. to 90 degrees F. About 80 degrees is the most desirable.

"No hard, fast rules can be laid down for the length of time, or the number of times for proofing (rising). It depends upon the strength of the flour, the quality of the yeast, and the temperature of the room in which the dough is placed. Some yeasts are much quicker than others. Judgment must be exercised in this, and the recipe or flour must not be condemned because the possessor of them does not succeed at the first attempt."

"The Thermatic is also well adapted for raising bread. One 8-quart vessel is large enough for raising the quantity found in recipe for White Bread (Easy Method).

THERMATIC RECIPES

As soon as the dough is mixed, place into 8-quart vessel, leaving lid off vessel. Heat one radiator so that it merely feels warm to the finger. Put radiator in bottom of compartment, and place over radiator a dry cloth folded to make it one-eighth to one-fourth inch thick. Set the uncovered vessel containing the dough upon the cloth. Clamp lid of cooker, but do not remove the valve. With each raising reheat the radiator."

White Bread (Easy Method).

To one quart of luke warm water add one heaping tablespoonful of sugar and one rounding teaspoonful of salt. Dissolve in the quart of water one-half cake of Fleischmann's compressed yeast. Sift the flour and add ten cupfuls (two and one-half quarts) first, and stir until the dough becomes perfectly smooth. Then add flour and continue kneading until all the flour has been worked in that dough will hold. Dough should appear very stiff. Grease mixing bowl on bottom and sides and grease dough over the top. Cover mixing bowl and set in warm place to rise. This will require about four hours. It should rise three times its original size if soft winter wheat flour has been used. After it has risen first time it should be turned out on mixing board and one or one and one-half cupfuls more of flour should be worked in. If hard spring wheat flour has been used this will not be necessary. However, in either event, the bread should be kneaded down, the mixing bowl and bread should be regreased, and the dough allowed to rise a second time. Then knead lightly on mixing board, mold into loaves, put in greased pans, and allow to rise again to a little more than double its original size.

Place in the Thermatic between two heated radiators. Medium-sized loaves bake in forty-five minutes.

THERMATIC RECIPES

Note—This bread may be mixed up with cold water at nine o'clock at night and allowed to rise until morning, when it will be ready for the pans.

White Bread (Sponge Method).

In one pint of luke warm water dissolve one-half cake of compressed yeast and one heaping tablespoonful of sugar. Stir in one quart of sifted flour and allow to rise at least three hours, or may be prepared in the evening and allowed to rise until morning, if weather is not too hot. Add one pint of luke warm water to the light sponge and one rounding teaspoonful of salt. Stir sponge until it is dissolved and is smooth. Add the remaining three quarts of flour. Add one quart at a time and keep mixing, or dough is liable to become lumpy. Unless mixing bowl is amply large, it is an advantage to turn dough out on mixing board to knead. Grease mixing bowl on bottom and sides and grease bread over top. Cover close and set in warm place to rise. When it has risen three times its original size, knead down, and, if the dough seems sticky, turn over on mixing board and knead in a cup or two of flour. Put back in bowl, grease and allow to rise a second time (knead down and allow to rise a second time, whether it should have more flour or not). When it has risen the second time, turn on mixing board, knead lightly, mold into loaves, and put into greased tins. Allow loaves to rise a little more than double their original size. Place in Thermatic between two heated radiators and bake medium-sized loaves forty-five minutes, or large loaves one hour.

Home Pride Health Bread.

Take three cupfuls of graham flour (the burr ground graham flour is the best), one cupful of white flour, add two heaping teaspoonfuls of baking powder, one rounding teaspoonful of salt, two heaping tablespoonfuls of dark brown

THERMATIC RECIPES

sugar, a piece of shortening the size of a small egg (cottonseed oil or butter). Take the hand and work shortening and other ingredients through the flour, thoroughly. Then add one and one-half cupfuls of water or sweet milk, mix, put into greased pan, place in Thermatic between two heated radiators and bake for one and one-fourth or one and one-half hours. Delicious.

Fruit Bread.

Use the recipe for "Home Pride Health Bread" and mix in the batter one pound of seeded raisins, or any other fruit that may be preferred. Put into greased pan and place in Thermatic between two heated radiators. Bake one and one-half hours. Laxative.

Nut Bread.

Use the recipe for "Home Pride Health Bread" and mix into the batter one-half pint of crushed nut meats. Very nutritious and rich.

Boston Brown Bread.

Take four cupfuls of graham flour, one cupful of corn meal, one cupful of white flour, two and one-half cupfuls of sour milk, two even teaspoonfuls of soda, one rounding teaspoonful of salt, one-half cupful of molasses, one-half cupful of butter or cottonseed oil. Dissolve molasses, soda, and salt in milk, add butter to flour and work through as for pie dough. Then add milk to flour and mix until batter is smooth. Put into greased cans (one pound baking powder cans are about the proper size). Bake in Thermatic between two heated radiators for one and one-half hours.

If it is preferred to have bread steamed, place the cans containing bread into large cooker vessel. Pour one pint of boiling water into vessel, clamp on lid, place in Thermatic on heated radiator, and steam for two hours.

THERMATIC RECIPES

Boston Brown Bread No. 2.

Take three cupfuls of graham flour, one cupful of corn meal, one-half cupful of dark brown sugar, one and one-half cupfuls of sour milk, one-half cupful of shortening, one and one-half even teaspoonfuls of soda, one rounding teaspoonful of salt, one-half pound of seeded raisins, and one-half pound of currents.

Work shortening through flour, dissolve soda, salt, and sugar in milk, add milk to flour and stir to a smooth, stiff batter, then stir in fruit. Put in greased cans. Place cans in large cooker vessel, add a pint of boiling water to vessel. Clamp on lid. Place in Thermatic on heated radiator and steam for two hours.

Corn Bread.

Take one pint of sour milk, add one even teaspoonful of soda and one heaping teaspoonful of salt. Dissolve soda and salt in milk. Then add one quart of corn meal and stir to a smooth batter. Add to batter two beaten eggs, and one-half cupful to melted butter or oil. Stir thoroughly. Put into greased pan. Place in the Thermatic between two heated radiators and bake for one and one-half hours.

Corn Pone.

Take two cups cornmeal, four cups water, one-half cup flour, one cup rich milk, one heaping teaspoon salt, one heaping teaspoon sugar. Mix the dry ingredients thoroughly; heat water and milk to scalding, add the dry ingredients to the hot water and milk and stir. Allow it to stand three or four hours, stirring occasionally. Clamp lid on vessel and place between two heated radiators. Have radiators hot enough to brown flour. Place vessel within cake rack to prevent radiators touching vessel. Cook six hours, or over night. Serve with cream.

THERMATIC RECIPES

CHAPTER XII.

PIES AND CAKES.

IT may not seem feasible to those inexperienced in the art of fireless cooking to use the compartments of the Thermatic as ovens for baking pies and cakes. However, it serves as admirably in this capacity as in the other branches of cooking. In fact, the Thermatic adds certainty to success in cake baking, in that in the baking (where the most trouble arises) it furnishes an even, undisturbed heat, which is most essential.

Cake baking, with most women, is a much-dreaded task, inasmuch as they are always uncertain about their oven, and invariably find more or less trouble in properly regulating the temperature. With the Thermatic this disagreeable feature is entirely dismissed. The cake or pie is placed in the cooker between two heated radiators. Close the cooker and remove the valve.

The Thermatic is truly an invaluable aid to the nervous, tired housewife, for it eliminates all fear of burning the cake or foods, and she can go about her work relieved of the strain incidental to the ordinary process of baking.

The following cake recipes were taken by permission from "Scientific Cake Baking," a supplement to the "Practical Hygienic Preparation of Foods," compiled by Sherwood P. Snyder, Food Specialist. They are correct in proportions and will insure success, if accurately followed.

THERMATIC RECIPES

Heating Radiators—For baking pies and cakes, radiators should be heated to the extent that they will brown flour when a pinch is dropped upon them.

Angel Food Cake.

Take whites of eight or nine eggs, one and one-quarter cups of granulated cane sugar, one cup flour, one teaspoonful of salt, two teaspoonfuls of lemon juice or one-half teaspoonful cream of tartar, one teaspoonful of liquid extract. Use all stroked measurements.

First separate the whites from the yolks. Add salt to whites and beat to a foam, then add the cream of tartar, and whip until stiff enough to stand. If lemon juice is used add it at short intervals, one-half teaspoonful at a time. Sift sugar once, then sprinkle it over whites and fold in until all is dissolved. Sift four times, then measure; add flour to whites and fold in lightly. Do not fold in longer than to dissolve the flour. Unnecessary stirring toughens the cake. Put pan containing cake in baking rack and place in the Thermatic between two heated radiators. Bake for forty-five minutes. Radiators should be just hot enough to brown flour.

Sunshine Cake.

Seven fresh eggs, one even teaspoonful of salt, one cup of flour, one cup granulated cane sugar, two teaspoonfuls of lemon juice or one-half teaspoonful cream of tartar (lemon juice preferred), one-half teaspoonful of powdered flavoring extract or one teaspoonful of liquid extract.

Separate the eggs, add salt to whites and beat them to a foam; then add lemon juice, a half teaspoonful at a time, at short intervals, and continue whipping whites until they are stiff. If cream of tartar is used, add it after whites are whipped to a foam. Sift sugar once, add to whites and fold in until dissolved. Then beat yolks stiff. (A Dover egg-

THERMATIC RECIPES

beater can be used to the best advantage in beating the yolks, but should never be used to beat the whites.) Add yolks to whites and fold them through. Sift flour five times, measure, add it to eggs, and fold in lightly. Bake in ungreased mold. Place in the Thermatic same as "Angel Food" and bake the same length of time.

Hygienic Sponge Cake.

Take three eggs, one and one-quarter cups of granulated cane sugar, two cups flour, one-half cup of warm water, two rounding teaspoonfuls of baking powder, one teaspoonful of salt, one teaspoonful of flavoring extract.

Beat the eggs light, sift sugar once, add it to eggs, and beat five minutes. Sift flour three times, measure, add baking powder, sift once more, add half of it to eggs and sugar, and beat one minute more, add water and stir lightly. Add remainder of the flour and stir briskly. Put in pan and bake. Same as "Angel Food Cake."

Aunt Katherine's Sponge Cake.

Take three eggs, one cup of sugar, one cup of flour, four tablespoonfuls of cold water, one heaping teaspoonful of baking powder, one-quarter teaspoonful of salt, one teaspoonful of flavoring.

Break eggs into mixing bowl, add sugar and water, beat until very light. Sift flour once, measure, add baking powder, sift again, add salt, flavoring and flour to mixture in bowl. Stir until smooth, put in pan, and bake same as "Angel Food."

Nut Sponge Cake.

Use recipe for "Hygienic Sponge Cake." Before putting batter in pan fold in one cupful of grated nut meats.

THERMATIC RECIPES

Sponge Pudding.

The sponge cakes make a dainty light pudding served with fruit sauce or whipped cream.

Fairy Loaf.

Yolks of eight eggs, one-half cup of butter, one and one-quarter cups of granulated cane sugar, two and three-quarters cups of flour, one cup of sweet milk or water, two rounding teaspoonfuls of baking powder, one teaspoonful of flavoring.

Cream butter and sugar thoroughly, beat yolks of eggs very stiff with Dover egg-beater. Add beaten yolks to creamed butter and sugar and stir through until smooth. Sift flour once, measure, add baking powder, sift again. Add milk and flour to creamed butter and sugar, stir until batter is smooth. Place in the Thermatic as directed for "Angel Food" and bake for one hour and fifteen minutes.

Royal Loaf Cake.

One and one-quarter cups of granulated sugar, one-half cup of butter, four eggs, three-quarters cup of sweet milk, two and one-half cups of flour, two heaping teaspoonfuls of baking powder, one teaspoonful of flavoring extract.

Cream butter and sugar thoroughly. Separate whites from yolks of eggs, beat yolks thoroughly, add to sugar and butter and stir through thoroughly. Sift flour once, measure, add baking powder, sift again, add milk, flour, and stiffly beaten whites (in order given) to the creamed butter and sugar, stir batter until smooth. Bake in the Thermatic as directed to bake "Fairy Loaf."

Brazil Nut Cake.

Use the "Royal Loaf Cake" recipe, add to the batter one cupful of grated Brazil nut meats. Any other nuts may be used if desired. Bake as directed to bake "Fairy Loaf"

THERMATIC RECIPES

Economy Gold Cake.

Three eggs, one and one-quarter cups of granulated cane sugar, one cup of water, two and three-quarters cups of flour, one-half cup of butter, two heaping teaspoonfuls of baking powder, one teaspoonful of flavoring.

Put together as for "Royal Loaf Cake." Bake as directed to bake "Fairy Loaf."

Silver Loaf.

Whites of seven eggs, one and one-quarter cups of granulated sugar, one-half cup of butter, two-thirds cup sweet milk, two and three-quarters cups of flour, two heaping teaspoonfuls of baking powder, one teaspoonful of flavoring extract.

Cream butter and sugar thoroughly. Sift flour, measure, add baking powder, sift again. Beat whites until stiff. Add extract, milk, flour, and whites of eggs to creamed butter and sugar, stir until batter is smooth. Bake as directed for "Fairy Loaf."

Bride's Cake.

Whites of eight eggs, three cups of flour, three-quarters cup of sweet milk, one and one-quarter cups of sugar, one-half cup of butter, two heaping teaspoonfuls of baking powder, one teaspoonful of extract.

Cream butter and sugar thoroughly. Sift flour once, measure, add baking powder, sift again. Whip whites of eggs very stiff. Add extract, milk, flour, and beaten whites of eggs, stir until batter is smooth. Bake as directed for "Fairy Loaf."

Orange Chocolate Cake.

Four eggs, two and three-quarters cups of flour, one and one-quarter cups of sugar, one cup of sweet milk, two heap-

THERMATIC RECIPES

ing teaspoonfuls of baking powder, one-half cup of butter, one heaping teaspoonful of grated orange peel, two squares of bitter chocolate.

Cream butter and sugar. Sift flour once, measure, add baking powder, sift again. Whip eggs until light, add milk, eggs, and flour to creamed butter and sugar, stir batter until smooth, divide into equal parts. To one part add the chocolate melted, to the other add the grated orange peel. Add a large spoonful of each kind of batter alternately. Bake as directed for "Fairy Loaf."

Chocolate Cake.

(Devil's Food.)

Four eggs, one-half cup of butter, one cup of sweet milk, three cups of flour, two heaping teaspoonfuls of baking powder, four squares of bitter chocolate, one and one-quarter cups of granulated sugar.

Cream butter and sugar. Sift flour once, add baking powder, sift again. Whip eggs until light, add milk, flour, and beaten eggs to creamed butter and sugar, stir until smooth, melt chocolate, stir in batter. Bake as directed for "Fairy Loaf."

Crumb Cake.

(No eggs.)

Three cups of flour, two heaping teaspoonfuls of baking powder, one and one-half cups of dark brown sugar, one-half cup of butter, one cup of sweet milk, five heaping teaspoonfuls of cocoa.

Put sifted flour into mixing bowl, add baking powder, sugar, and cocoa, mix thoroughly, then add butter and work through as for pie paste, then add milk and stir to a smooth batter. Bake as directed for "Fairy Loaf."

THERMATIC RECIPES

Spice Cake.

Four eggs, one-half cup of butter, one and one-quarter cups of sugar, one cup of sweet milk, three cups of flour, two heaping teaspoonfuls of baking powder, one-half teaspoonful of cloves, one teaspoonful of cinnamon, one-half teaspoonful of allspice.

Cream butter and sugar. Sift flour once, measure, add baking powder, sift again. Whip eggs until light. Add milk, eggs, flour, and spices to creamed butter and sugar. Stir until batter is smooth. Bake as directed for "Fairy Loaf."

Fruit Cake.

Three cups of flour, four heaping teaspoonfuls of cocoa, two heaping teaspoonfuls of baking powder, one-half cup of butter, one and one-quarter cups of dark brown sugar, one cup of sweet milk, one cup of seeded raisins, one cup of currants, one cup of citron.

Put flour into mixing bowl, add baking powder, cocoa, and sugar. Mix thoroughly, add butter, and work through until smooth, add milk and stir batter until smooth, then add fruit dusted with flour, mix fruit through batter. Bake in the Thermatic for two hours.

Nut Fruit Cake.

Make over recipe for plain "Fruit Cake"; in addition, add one cup more of raisins, one and one-half cups of chopped nut meats. Omit citron. Sprinkle top with nuts and raisins before baking. Bake in the Thermatic for two hours.

Hygeia Cake.

Take four cups of unbolted graham flour, two heaping teaspoonfuls of baking powder, two cupfuls of sweet milk,

THERMATIC RECIPES

one rounding teaspoonful of salt, one cup of brown sugar, one-half cup of butter or oil.

Stir salt and baking powder through flour. Add butter and sugar and work thoroughly through flour. Then add milk and stir to a batter. Bake in the Thermatic for one hour and thirty minutes.

Plain Pie Paste.

Take one pint of flour sifted once, add one-half cupful of butter or cottolene, and one teaspoonful of salt. Work shortening through flour, add four tablespoonfuls of ice cold water, mix lightly, and roll to one-eighth inch in thickness. Proceed to line pie tin, fill crust, and cover in the ordinary manner.

All double-crust pies as

Apple	Cherry
Peach	Strawberry
Apricot	Raspberry
Pear	Blackberry
Plum	Rhubarb
Prune	Huckleberry

should be baked in the Thermatic between two properly heated radiators for forty-five minutes.

All one-crust fruit pies as

Custard	Cream
Pumpkin	Crumb

should be baked for thirty minutes.

The Thermatic imparts to all pies an agreeable, delicate, rich flavor.

THERMATIC RECIPES

CHAPTER XIII.

FRUIT—STEWED AND BAKED.

Baked Apples.

TAKE sound, tart apples, allow to remain whole or cut into halves, but remove cores. Put in aluminum or granite pan. Sprinkle with sugar and put a small piece of butter on each piece. Put pan in baking rack and place in the Thermatic between two heated radiators. Bake for thirty minutes. Serve with whipped cream.

Steamed Apples.

Take sound, tart apples, pare, cut into halves, and core. To each quart of apples add one-half cupful of sugar and one-half cupful of water. Clamp lid on vessel, put over fire and bring to the boiling point. Then place in the Thermatic on heated radiator and cook for thirty minutes.

Aples La Pointe.

Take stewed apples and place in cooker vessel to the depth of one inch and sweeten slightly. Cover apples with entire wheat bread crumbs to the depth of one-half inch. Sweeten and add a liberal amount of butter. Place in the Thermatic between two heated radiators and bake for thirty minutes. Serve with whipped cream. Delicious.

Almond Apples.

Pare and core sound tart apples, but allow them to remain whole. Fill the cavity with blanched almonds, and

THERMATIC RECIPES

bury into the flesh of the apple a dozen kernels, allowing half the kernel to project. Sprinkle with sugar. Bake in the Thermatic between two heated radiators for thirty minutes. Serve with whipped cream or grated almonds.

Pineapple Apple.

Take sound tart apples, pare and core. Cook as for "Steamed Apples." Press apples through a colander or puree seive. To each quart of sauce add three-fourths cupful of sugar and one pint of sliced pineapple. Chill before serving.

Note—Pears may be baked or steamed, and are very palatable blended with Apples. Quinces are delicious stewed with Apples.

Brown Betty.

Add to the cooker vessel a layer of bread crumbs, then a layer of sliced apples, and sweeten. Add alternately a layer of crumbs and a layer of apples until desired amount is prepared, adding crumbs last. Put on top a liberal amount of butter. Place in the Thermatic between two heated radiators and bake for one hour. Serve with whipped cream.

Note—Peaches, Plums, Cherries, Blackberries, Raspberries, etc., make delicious and economical desserts when prepared as "Brown Betty."

Dried Apples.

Wash apples thoroughly, put to soak for three or four hours. Then bring to the boiling point and add sugar. Put in the Thermatic on heated radiator and cook for two hours.

Dried Peaches.

Take one pound of dried peaches, wash thoroughly, and sterilize by subjecting to boiling water for one minute and

THERMATIC RECIPES

then putting into cold water. The sudden variation in temperature will destroy germ life. Soak for six hours and then bring to the boiling point. Place in the Thermatic on warm (not hot) radiator and allow to remain over night. Remove in the morning and place in the refrigerator or other cold place until ready to serve.

Note—Apricots and Prunes should be prepared in the same way. Dried fruit of this character should never be boiled, as it destroys the fruit sugar, liberates the acid in the peel, and renders it necessary to add commercial sugar.

Peach La Pointe.

Prepare as directed in "Apple La Pointe," except that dried peaches are used. Apricots may be used same as peaches.

THERMATIC RECIPES

CHAPTER XIV.

PUDDINGS.

Cream Tapioca.

TO one-half cupful of tapioca add one and one-half cupfuls of water. Soak over night. In the morning add one pint of rich milk and half cupful of sugar. Place in the Thermatic on heated radiator and cook for forty-five minutes.

Apple Tapioca.

To one-half cupful of tapioca add one and one-half cupfuls of water. Soak over night. In the morning cover the bottom of one of the cooker vessels with quarters of tart apples, pour tapioca over apples. Add one pint of water and one cupful of sugar. Place in the Thermatic between two heated radiators and bake for forty-five minutes.

Note—Peaches, Apricots, Cherries, Plums, etc., may be used instead of Apples in fruit tapioca pudding.

Rice with Fruit.

Apples, peaches, or apricots may be used. Cook rice in milk until tender. Remove from the cooker and sweeten. Put the hot rice into a baking dish to the depth of one-half inch. Then add a layer of apples, peaches, or apricots. Fruit should be cooked. Add alternate layers of rice and fruit until desired amount is prepared. Serve hot or cold.

THERMATIC RECIPES

Raisin Rice Pudding.

Take one-half cupful of thoroughly washed rice, add it to one and one-half cupfuls of heated rich milk, add two tablespoonfuls of sugar and one pint of seeded raisins. Put in the Thermatic on heated radiator and cook for forty-five minutes. Or, rice may be cooked and raisins added afterward, if it is preferred to have the raisins raw.

Royal Fruit Pudding.

Bring one pint of sweet milk to the boiling point and stir in one-half cupful of Cream of Wheat or other similar breakfast food. Stir constantly until it thickens. Then add one-half cupful each of seeded raisins, chopped figs, and pitted dates. Place in the Thermatic on heated radiator and cook for one hour. Serve with cream.

Note—Graham Flour may be substituted for the breakfast foods. It will answer fully as well, and is more laxative in character.

Hygeia Fruit Pudding.

Take one quart of graham flour, add two heaping teaspoonfuls of baking powder, one rounding teaspoonful of salt, one-half cupful of brown sugar, one-third cupful of butter. Mix all these ingredients with the flour. Then add one and three-fourths cupfuls of water or milk. Mix into a stiff batter. Then add one pound of seeded raisins and mix thoroughly. Use a pan for the pudding that can be placed within the large cooker vessel. Pour a quart of boiling water into cooker vessel and place an inverted dish or small pan in the bottom upon which to set the pudding pan. Clamp lid on cooker vessel and cook over fire for ten minutes. Then place in the Thermatic on heated radiator and steam for two hours. Serve with fruit sauce or whipped cream.

INDEX

Algrain, Cream of Wheat, Farina, etc.....	15
Aluminum, care of	8
Apples, Almond	70
Baked	70
Brown Betty	71
Dried	71
La Pointe	70
Pineapple	71
Steamed	70
Asparagus Points	52
Back Bones	31
Beans, Baked, Boston	54
Baked, Plain	53
Baked, Spanish	54
Buttered Limas	53
Creamed	52
Creamed Limas	52
Pickled	52
String	51
String, with Pork	52
Beef, Braised	28
Corned	28
How to Roast	27
Loaf	29
Roast	27
Soup	20
Stewed or Steamed	28
Tea for Invalids	19
Beets, Buttered	48
Pickeled	48
Breads and Bread Stuffs	56
Bread, Boston Brown	60
Corn	61
Fruit	60

Index

Nut	60
Home, Pride, Health	59
White, Making	56
White, Easy Method	58
White, Sponge Method	59
Cake, Angel Food	63
Aunt Katherine Sponge	64
Brazil Nut	65
Bride's	66
Chocolate (Devil's Food)	67
Crumb (No Eggs)	67
Economy, Gold	66
Fairy Loaf	65
Fruit	68
Hygeia	68
Hygienic Sponge	64
Orange Chocolate	66
Nut Fruit	68
Nut Sponge	64
Royal Loaf	65
Silver Loaf	66
Spice Cake	68
Sunshine	63
Carrot Pea Soup	22
Soup	21
Carrots and Peas	47
Buttered	47
Creamed	47
Cereals	14
Chicken Broth	20
Escalloped	34
Fricasseed	34
Loaf	34
Pressed	34
Roast	33
Smothered	33
Smothered, with Onions	33
Soup	20
Steamed	33
Chops, Smothered	30
Corn Meal Mush	16
Corn Pone	61
Corn Soup	22
Cracked Wheat or Oats	15
Cream of Bean Soup	23
Celery Soup	22

Index

Lentil Soup	23
Spanish Bean Soup	23
Split Pea Soup	23
Fireless Cooking	12
Position of, in Economy of Health	12
Fish	38
Baked	38
Steamed	38
Foods, Prepared for Cooker	9
Fowl and Game	33
Fruit Porridge	16
Stewed and Baked	70
General Directions	7
Graham Porridge	15
Ham, Boiled	31
Steamed	31
Introduction	3
Meats	25
Meat Stock for Soups	19
Mutton Broth	20
Chops, Smothered or Breaded	32
Roast	31
Steamed	32
Onions, Baked	49
Creamed	49
With Tomatoes	49
Oysters	40
Baked	40
Escalloped	40
Patties	41
Peaches, Dried	71
Peach, La Pointe	72
Pearl Barley with Fruit	16
Soup	24
Pea Soup	22
Pie Paste, Plain	69
Pies and Cakes	62
Pork, Roast or Steamed	31
Pot Roast	28
Potatoes and Onions	45
Baked	44
Baked Special	45

Index

Creamed	46
Escalloped	46
Jackets on	45
Stuffed	45
Puddings	73
Pudding, Apple Tapioca	73
Cream Tapioca	73
Hygeia Fruit	74
Raisin Rice	74
Rice with Fruit	73
Royal Fruit	74
Sponge	65
Rabbit and Squirrel	37
Radiators, Handling	10
Heating	7
Rice in Mutton Broth	55
Plain	54
Soup	24
Spanish	54
With Cream	54
Rolled Wheat or Oats	15
Sauce, Cream	43
Drawn Butter	42
Meat, Fish, and Vegetables	42
Shrimp	42
Tart	43
Tomato	43
White	42
White Wine	43
Sauerkraut	51
With Spareribs	51
Slaw, Creamed	51
Soups	19
Spinach Au Gratin	50
With Cheese	50
Steak, Coddled	25
Smothered	26
With Mushroom Sauce	27
With Tomato Sauce	26
Sweet Potatoes, Baked	46
Dressed with Cream	47
Thermatic, Care and Management of	7

Index

Tomatoes Au Gratin	50
Baked	49
Tongue	32
Pickled	32
Turnips with Beef	48
Turtle Soup	21
Veal Chops Breaded	29
Loaf	30
Pie	30
Pressed	30
Roast	29
Vegetables	44
Vegetable Soup	21
Yams, Candied	47

OTTERBEIN
PRESS
DAYTON, OHIO





W8-BXW-691

